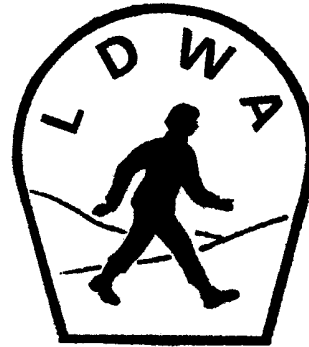


Long Distance Walkers Association



Newsletter

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CALENDAR OF FUTURE EVENTS

This feature is updated at each issue of the Newsletter as information is received. Where the event is in CAPITALS the date is confirmed. Members are invited to send details of any other events they feel should be included.

<u>Date</u>	<u>Event</u>	<u>Dist.</u> <u>Approx.</u>	<u>Area</u>
MARCH 2	BASINGSTOKE CANAL WALK	27	Hants/Surrey
" 8	ALFRISTON ROUNDABOUT	25	Sussex
" 8	THREE PEAKS TRIAL	22	South Wales
" 15	ANNUAL GENERAL MEETING		Malvern, Worcs.
" 16	MALVERN HILLS WALK	16	Worcestershire
" 22	TANNERS-HINDHEAD WALK	27/30	Surrey
" 23	HINDHEAD-TANNERS WALK	27/30	Surrey
" 31	MANX MOUNTAIN MARATHON	30	Isle of Man
" 30	SEVENOAKS CIRCULAR	30	Kent
" 31	MARATHON RAMBLE	30	Isle of Wight
March	Ten Tors Expedition (U/21)		Dartmoor
APRIL 12/13	LONDON COUNTRYWAY (S.W. Sector)	55	Surrey/Berks
" 19	MID-WALES MOUNTAIN WALK	25	Wales
" 27	SPRINGWELL KANTER	12/24	Surrey
MAY 3	RIDGEWAY MARATHON	40	Wilt/Berks
" 4	BRENTWOOD WALK	Up to 30	Essex
" 11	BERKSHIRE TWENTYFIVE	25	Berks/Oxon
" 17/18	FELLSMAN HIKE	50	Yorkshire
" 18	NEW FOREST WALK	30	Hampshire
" 24/26	DOWNSMAN HUNDRED	100	Hants/Sussex
May	Waltham Walk		Essex
JUNE 1	CHEVY CHASE	17	Northumberland
" 7	SOUTH WALES MARATHON	47	South Wales
" 21	LAKE DISTRICT FOUR 3000's	45	Cumbria
" 22	PURBECK PLOD	26	Dorset
" 26/29	CASTLEBAR FOUR DAY WALKS	30 Max.	Eire
" 27/28	EWHURST HUNDRED (Centurions)	100	Surrey
" 28	MALLERSTANG MARATHON	25	Yorkshire
June	Peak Marathons	25/40	Derbyshire
"	Welsh 1000 Metres	20	North Wales
"	Six Shropshire Summits	35	Shropshire
"	Mourne Wall Walks	32	N. Ireland
"	McGillycuddy Reeks Ridge Walk	11	Eire
JULY 5	LYKE WAKE RACE	40	Yorkshire
" 6	TANNERS MARATHONS	30 & 10	Surrey
" 8/11	APELDOORN FOUR DAY WALKS	Variable	Holland
" 12/13	NORTH YORKS MOORS CROSSSES	53	N. Yorkshire
" 27	WIMBLEDON WALKABOUT	10/15	London
July	Nijmegen Four Day Marches	Variable	Holland
AUGUST 2	TANNERS TO CROCKHAM WALK	28	Surrey/Kent
SEPTEMBER 6	ACROSS WALES	45	Wales
" 7	GUILDFORD BOUNDARY WALK	22	Surrey
September	Chiltern Marathon	30	Bucks
OCTOBER 4/5	LONG MYND HIKE	50	Shropshire
October	Two Man Mountain Marathon	?	?
"	Vectis Marathon	30	Isle of Wight
November	High Peak Marathon	40	Derbyshire

In addition to these events there are several walks of a more informal nature that are being arranged by the local groups. Contact your regional representative for details.

EDITORIAL

LONG DISTANCE WALKERS ASSOCIATION - President: Col R. Crawshaw, OBE TD DL MP

Next month we hold our third A.G.M. and, according to policy, the venue is well removed from that of last year. Although there is no surfeit of members in the Malvern area it is hoped that the attendance will exceed that of previous years. It is a well known fact that most people tend to shun such meetings, but with the Sunday walk and evening film show there should be something to interest the average member. This is a good opportunity to meet those who guide the Association.

When I first became interested in long distance walking in the late fifties, there were virtually no annually organised challenge walks and those that did exist seldom exceeded 30 miles. For people who did enter for these events it was almost a matter of increasing one's life assurance so formidable did the task seem. Gradually a few more walks were added to the list and by the end of the sixties the thirty miles barrier had risen to fifty. Soon a few types were boasting of their ability to cover even longer mileages. And so schemes to arrange a hundred miles event were put forward and, despite a lot of sceptics, the date for the first "Downsman" was announced. It must be mentioned here that the race walking fraternity had regularly held their "Centurions" road walks but these are in a different category.

Of those who entered the "Downsman" it was for many their Everest of achievement, if they finished. The success of this first hundred is history now but when some of the less bold walkers heard the names of the finishers they began to feel that "a ton" may be within their capabilities. As there was an obvious demand for the ultra long distance walk the Peakland Hundred and Icknield Eighty followed close after the "Downsman", both worthwhile ventures. With the second "Downsman" just over the horizon the response so far has been remarkable and a limit is being placed on entries.

The question now arises: Is the hundred the ultimate or will someone hold a super, super-walk? A complete Pennine Way walk has been spoken of, albeit somewhat lightheartedly, and a London-Countryway (190 miles) trek has been suggested. Whilst there have been, and there are at the moment, a number of people attempting journeys on foot of transcontinental length, these are naturally done in easy (!) stages. The longest non-stop walk is just over 300 miles but this was done on a road surface with no navigational problems. Some members may recall the Butlin 'John O'Groats to Lands End Walk' of 1960 when over 3000 set off expecting to reach the tip of Cornwall. Many of these people were very inexperienced and it's hardly surprising that less than 150 finished (including 25 women). Perhaps 100 miles is the ultimate for a challenge walk, and maybe the handful who think that they could double this distance are either superfit or just cranks. It would be interesting to hear the views of members on this topic. If there is enough response we will include an article in the next Newsletter entitled "The Ultimate Walk?"

Last year the Association slightly overspent but due to money carried forward we are still in the black. As mentioned in the previous Newsletter there is a motion to be presented at the A.G.M. to raise the subscription to £1. However, if this is carried it will not take effect until 1976 for existing members. I would, therefore, ask all members to be as generous with their subs. as circumstances allow. Subscriptions became due in January.

This Newsletter may be the last one in this form. It was decided at a recent committee meeting to print the next one (as an experiment) commercially on A5 size paper (i.e. half this page size). The number of pages and content will remain the same but the print will, of course, be half the size. It should also be possible to include photographs and sketches more easily, so send them along please. One reason for this step is to avoid the increased postal charges due in March.

As the membership increases so do the number of local groups. We now welcome the Essex and Herts Group and hope that members in other areas will be stimulated to unite. Apart from the usual benefits of forming a group one of the most useful (and economical) is the pooling of transport to and from walks.

See you at the A.G.M.

LOCAL GROUPS

It has always been the LDWA's aim to encourage the formation of local groups, although progress in setting these up has been rather slow. Recently, however, several new groups have been proposed and there is talk of others being formed before long. With the prospect of quite a number of groups operating in different parts of the country, the committee have recently given some thought to the whole question of local groups within the framework of the LDWA.

If resources, funds and effort are not to be wasted it seems important that groups should draw members from different areas and should not overlap with each other. Problems could easily arise if groups were to set themselves up without regard to others already in existence nearby, and even similar names might be chosen which could cause confusion. It was with all this in mind that the need for approval was inserted in the Constitution, which was approved by members at the first AGM, and Article 7 of which states that a local group may be formed with the approval of the committee and that "local groups shall conform to the aims and policy of the Association".

But the committee have felt that more than this was required, and they have now agreed a set of Guidelines for the setting up of local groups. Any new local group which it is proposed to set up in future will need to conform to these Guidelines, copies of which are obtainable from Regional Representatives. The Guidelines include notes on the initial approval process, the role of Regional Representatives, the relationship of local group events to those arranged on a regional basis, the definition of catchment areas and boundaries, local group policy and organisation (e.g. whether activities are open to all LDWA members or restricted to those who actually join the local group) and points on membership, activities and publicity.

To keep matters manageable a simple register will be kept listing the name of each group, the name and address of its secretary and showing its rough catchment area by means of a map. Anyone proposing to form a local group will thus need to supply these details to enable the committee to consider and approve the group. (Such approval will normally be a formality.) Only local groups approved by the committee will appear in the register and only those so listed will be regarded as LDWA Local Groups and will be entitled to regional publicity or Newsletter space.

Among other points worth noting are that local groups will need to be self-financing and cannot draw on LDWA funds. The committee will also expect the membership catchment to lie wholly within one of the 5 LDWA regions and not to straddle the boundary. It is stressed that the Regional Representative is the essential link between the LDWA as a whole and individual local groups. Anyone proposing to form a local group should thus contact the Regional Rep. in the first instance and obtain a copy of the Guidelines.

Local Groups have now been approved for the following areas: Surrey; High Peak; Kent; Wessex; Essex and Herts.

REGIONAL REPRESENTATIVES

SOUTH EAST Peter Rickards (176)

SOUTH WEST Anthony Rowley (21)

NORTH Michael Smith (336)

MIDLAND Ewen Hogben, (744)

SCOTLAND John MacDonald (497)

GROUP NEWS

ESSEX + HERTS

The Inaugural meeting of this new group was held at High Beach, Essex, on 10th January and was attended by 14 members, with a further twenty-two indicating that they would probably join if the group was formed.

The following were elected:

Secretary/Treasurer: - Frank Duerden

Committee:

Joan Bassett	Jack Rossiter
Mike Powell Davies	Bill Strang
Steve Gower	

By the time this Newsletter appears we hope to have held our first group walk along the Essex coast from Maldon. Further events planned are:

Sunday, 16th March. The Forest Way (26 miles). Meet at Loughton Station (TQ423956) at 9 a.m. Car park at station. Bus back to Loughton or London from Bishops Stortford. Led by Frank Duerden.

Saturday, 26th April. The Essex Way. Epping to Great Waltham (25 miles). Meet at Epping Station (TL462016) at 9.30 a.m. Buses from Great Waltham back to Chelmsford and then Chelmsford to Ongar (for Epping) each hour. Led by Bill Strang.

Members in Essex, Hertfordshire and north and east London who wish to join the group should send 50p to: Frank Duerden

Newsletters to be sent out quarterly to members.

HIGH PEAK

I apologise to members who have written to me recently asking for details of events and received no reply, but group activities have been restricted during the last few months. Anyone willing to organise a walk or event in the High Peak please send details direct to the Editor in time for inclusion in the next Newsletter.

SPRING PROGRAMME

March 23rd. Stroll onto Bleaklow. Meet at bottom of Alport Valley (141896) at 9.30 a.m.

April 11/13. Members of the group will be spending the weekend at Edale camping at Fieldhead. Walk on Saturday and Sunday leaving the Nags Head Car Park at 9.30 a.m. All members welcome for all or part of the time. Dick Chell (LDWA 273)

NORTH YORKSHIRE

March 26th A midweek walk in Yorkshire 20/25 miles. S.A.E. to Mike Smith

April 20th Part of Fellsman Hike. Meet Ribbleshead (GR 765792) 9.30 a.m.

June 1st North York Moors. Meet Hutton-le-Hole Car Park (GR 705903) 9.30 a.m.

SURREY

A highly successful Kanter on New Year's Day (reported elsewhere) and six members managed to complete a walk along the Wey towpath on November 29th despite

very heavy flooding. We have also had a very enjoyable open evening with beer and good food at Arthur Radley's on January 10th, when we agreed to maintain our current pattern of events but add one or two social events. The main items in the future programme are:

March 2nd (not 16th) Basingstoke Canal. Hook Station 9.08 a.m. 30 miles.

Leave cars at Woking Station and catch 8.43 train.

April 12/13th London Countryway, Surrey Section. Woldingham Station 1.44p.m. 55 miles.

April 27th "Springwell Kanter" - another in our popular Kanter series. 12/24 miles from near Womersley. Entry details from Jeff Ellingham

May 6th Meeting and film show 7.30 p.m.

June 22nd Coach to Purbeck Plod.

June 24th and July 22nd Evening walks - 6-10 miles.

July 27th Essex Forest Way. 26 miles.

Further details of the above from Doug. Sudbury
or, after 30th April from Keith Chesterton. Full programme details sent regularly & Surrey Group membership for 20p. for LDWA members anywhere.

To rationalise transport to walks members are asked to contact Alan before journeying. A number of seats are available for travel to the A.G.M. at Malvern.

It is proposed to hire a coach for travel to the Purbeck Plod (June 22nd). The coach will start from Guildford railway station at 0.600 and arrive in Swanage at about 8.15. Fare about £1.40. Some seats for non-walkers. Intending travellers, send £1 to Sven Neal

WESSEX

The Group's informal walk on 19th January was well attended - 26 walkers met at Fritham and were rewarded by a frosty morning which soon cleared to give a dry (You must be joking! Ed.) mild day.

George Sims led the party over 23/24 miles in the northern corner of the New Forest via Castle Hill, Godshill to High Corner Inn where lunch was taken in the garden. In the afternoon the route was Picket Post, Backley Plain and Anses Wood to reach Fritham in the dark, very muddy but well pleased with a most enjoyable day.

The next informal walks are:

March 23rd The Mardens and The Downs - 23 miles - West Sussex.

April 27th West Wiltshire Downs and Somerset Border - 23 miles, Wilts/Somerset

There are no further informal walks planned until late Summer/August because of the heavy programme of competitive walks in the May-August period, but group members will be entering for many of these events. The Group will be assisting in the Downsman Hundred, 24th May, by manning two checkpoints at the western end of the route. Offers of assistance will be welcomed by the Secretary, Rod Smith

Correspondence re walks, shared transport and walks suggestions to Wilf Lyman

FORMATION OF NEW LOCAL GROUPS

Do we have any members within 25 miles of Halifax or Stockport? If there is enough interest in these areas the setting up of groups has been suggested by:

DAVID SWINSCOE (958)
and BERNARD HYMES (400)

All interested members please write to the above.

MIKE SMITH, North Region Representative, would like to hear from members on Humberside, Northumberland/Durham and Cumberland/Westmoreland who may be interested in forming local groups.

FUTURE EVENTS and ACTIVITIES - MARCH to SEPTEMBER 1975

MARCH 2nd - BASINGSTOKE CANAL WALK (Hants/Surrey)

An informal walk along the defunct waterway that used to link Basingstoke with the Thames and London. The western end of the canal has largely disappeared but the main section of about 27 miles is being bought by County Councils and is subject to restoration. The walk will start from Hook, Hants, railway station at 9.10a.m. and end near the centre of Woking. Further details from Alan Blatchford

MARCH 8th - ALFRISTON ROUNDABOUT (Sussex)

A new walk based upon Alfriston Youth Hostel. Route directions will be issued with a sketch map. O/S maps sheets 188 (1") and sheet 199 (1:50000) cover the area. Time limit nine hours. Entry fee 30p. Pay on day or send entry to A/R Secretary. Walks distance about 25 miles. Light refreshment provided. Arranged jointly by Brighton Y.H.A. and Alfriston Youth Hostel. Certificates to all who finish. Accommodation available at the Youth Hostel: Frog Firle, Alfriston, Polegate, Sussex.

MARCH 8th - THREE PEAKS TRIAL (South Wales)

A 22 miles test that involves ascents of Skirrid Fawr (1596'), Blorenge (1834') and the Sugar Loaf (1956'). Only first 100 entries accepted. Full details from R.B. Turner

MARCH 15th - ANNUAL GENERAL MEETING, MALVERN - DON'T MISS

MARCH 22nd/23rd - TANNERS-HINDHEAD WALK (Surrey)

A one or two days event depending upon whether walkers wish to do a "double crossing". On Saturday, walkers may start at either Hindhead or Tanners Hatch Youth Hostels but on Sunday the start will be at Hindhead. Walkers have the choice of using a route description (27m.) or going via a number of control points (30m.) Entry fee is 25p. (or 35p. if doing both days). Start times 08.30 to 10.30. Transport can be arranged from Hazlemere railway station if requested in advance. Hindhead hostel bookings before March 1st please. Time limit 10 hours for certificate. Bring own refreshment. Map O/S sheet 170 and 189 (1") or sheets 186 and 187 (1:50000).

MARCH 29th - MANX MOUNTAIN MARATHON (Isle of Man)

Starts at Ramsey and finishes at Port Erin with a 10 hours time limit in which to cover the 30 miles. The twelve mountain peaks traversed may be heavy going for all but the toughest walkers. Way partly marked but O/S 87 should be carried. Entrants to be over 16. Prizes for first three home and to first team of three. Certificates to all finishers. Details from G. Broderick

MARCH 30th EASTER SUNDAY - SEVENOAKS CIRCULAR (Kent)

A new walk, and the first to be arranged by the Kent Group. The 30 miles route will start from Otford (533594) near Sevenoaks, Kent. There will also be a 12½ miles walk held concurrently. Route description sheets will be issued and the route is covered by O/S maps sheets 187 & 188 (1:50000). Time limit is 10 hrs and all successful finishers will be awarded a certificate. Entry fee 20p.(members) to Peter Rickards

MARCH 31ST EASTER MONDAY - THIRD ANNUAL MARATHON RAMBLE (Isle of Wight)

Start at Royal Spithead, Bembridge, at 9 a.m. and proceed by footpaths and bridleways in an east to west crossing of the Island to finish at the Needles. The walk will be led (at a reasonable pace) and there are escape points along the route. Bring picnic lunch. About 30 miles. Details from Harry Peel

APRIL 12/13 - WOLDINGHAM - WINDSOR (Surrey/Berks) Distance: 55 miles.

DOWNSMAN entrants and all members are recommended to get to WOLDINGHAM station (west side) by 11.44 a.m. (Sat.) Chris Steer and Jeff Ellingham will be leading the 2 groups, but as route descriptions will be issued, faster and slower walkers

may make their own way at any time. Both groups will be making a pub stop. The Railway and Bus waiting rooms will be used as the finish, (trains leave every $\frac{1}{2}$ hour from Windsor). There will be no moon, and the 11 hours of darkness will necessitate a good torch and spare batteries. Fitness doubts? there are 6 stations on the route! Please intimate if you intend coming along and direct all enquiries to Jeff Ellingham, An SAE will secure an early route description.

APRIL 19th - MID-WALES MOUNTAIN MARATHON

Starts at Dinas Mawddwy and finishes at Kings Y.H. - 22 miles over nine summits, highest 2000 ft. Use map O/S 116 to find way between checkpoints. Youth hostels at start and finish. Certificates to all successful finishers. Safety kit to be carried. Y.H.A. membership may be necessary. Full details from N.Tandy

APRIL 27th - SPRINGWELL KANTER (West Surrey)

The fourth in our Southern "Kanter" series. The event will start and finish at Womersley Sports Pavilion, The Common Womersley, GR 018455. The object is to complete a route of one's own choice between a series of unmanned checkpoints, most of which will be "springs" or "wells". Course lengths approx. 12 and 24 miles - O/S map 170 (1") or sheet 187 (and the edge of 186) (1:50000) required. Details and entry form from Jeff Ellingham

MAY 3rd - RIDGEWAY MARATHON (Wilts/Berks)

One of the longer annual challenge walks. This popular event starts near Marlborough and follows the Ridge Way through to Streatley where the walk ends at the Y.H. Coach transport is provided from Streatley to the start of the event but must be booked beforehand. Generous time limit. Refreshment provided at some checkpoints. Accommodation is available at the Y.H. for YHA members. Route descriptions issued but maps required are O/S sheets 157 & 158 (1") or sheets 174 & 175 (1:50000). Further details from Norman Griffin

MAY 4th - THE BRENTWOOD WALK (Essex)

The Brentwood Local Group of the R.A. invite all walkers to participate in the 8th R.B.W. The walk starts at 9 a.m. at Shenfield station and is up to 30 miles in length. A leader will be provided. Send SAE to Mrs D. Knight for full details.

MAY 11th - BERKSHIRE TWENTYFIVE (Berks/Oxon)

Last year, when held for the first time, the 25 miles walk proved to be very well supported. This year's event will be held from the same venue and follow a similar course. The route consists mainly of paths and tracks on the chalk Downs. The starting and finishing point is the Lord Wantage Monument (SU424844). Car parking space, but few other facilities. Organised by the Thatcham Walkers; further details from Roy Chapman

MAY 17/18 - FELLSMAN HIKE (Yorkshire)

The most popular upland walk in Britain - entry limited to 400 places which are drawn for from the thousand or so hopeful applicants. The 50 odd mile route starts at Ingleton and finishes at Threshfield (sometimes in reverse). A number of trophies are awarded for performance. It is too late to apply for this year but full information can be obtained from Mrs P.J. Carroll

MAY 18th - NEW FOREST WALK (Hants)

This is a 30 mile circular walk in the heart of the New Forest. The route, starting and finishing near Brockenhurst, follows paths and tracks with only short stretches on roads. The O.S. New Forest Tourist Sheet covers the route, or 1:50000 sheets 195 and 196. The entry fee of 35p. will cover all costs including refreshments at one or more checkpoints. Full details and entry form may be obtained from Richard Cooper

MAY 24/26 - THE DOWNSMAN HUNDRED (Hants/Sussex)

The 100 miles route will start in the centre of Winchester and lead to the western end of the South Downs Way. The SDW will then be followed to Eastbourne where the final checkpoint will be located. The start time will be 12.00 midday on the 24th May. The first class time has been lowered to 32 hours but the standard time remains at 48 hours, with finishers being timed-in up until 50 hours. There will be at least ten checkpoints on the route, all of which will supply drink and refreshment. Successful finishers will be awarded a 1975 Downsmen cloth badge and a commemorative certificate at the finish, and a complete report will be sent to all entrants.

Entry is open to all but should the number of applicants exceed 200 then members may be given preference, especially those who have completed 50 miles or further on foot. The entry fee is £3.00 (£3.30 for non members). Full details, rules and entry forms are available from D/H Organiser

Please send stamped addressed envelope.

MAY - WALTHAM WALK (Essex) (No firm date advised.)

This event is more of an expedition than a straight forward long distance walk. It is open only to teams of three between the ages of 15 and 20 years inclusive (on 31.8.74) Teams must be equipped with food and camping gear for two days. Teams walk between checkpoints (in Epping Forest) and there will be several "incidents" to take part in, ranging from climbing ropes to ?????? The first team will be awarded the W.W. Boot and there will be a number of other prizes. Entries close May 6th. Further details from M.J. Wilding
Entry fee of £2.20 covers cost of Sunday meal, log book, camping fees and certificates etc. How about a LDWA team?

JUNE 1st - CHEVY CHASE (Northumberland)

A circular walk of about 17 miles on the Cheviots. No time limit but most finish in about 9 hours. O/S 71 required to find way between checkpoints. Prizes for first three home, first R.A. Member, first lady, first veteran, etc. No athletes accepted. Start and finish at Wooler Y.H. Details from W.Howe

JUNE 7th - SOUTH WALES MOUNTAIN MARATHON.

A gruelling mountain walk of about 46 miles extending from Capel-Y-Ffin Y.H. in the Black Mountains to Llanddeusant Y.H. Route includes the traverse of Brecon Beacons and Carmarthan Fans. Entry limited by Y.H. accommodation. For experienced walkers only. No strict time limit. Not sure who is entries secretary this year, but try A.James

JUNE 21st - LAKE DISTRICT FOUR THREE THOUSANDS (Cumbria)

Open to all over 18. The total distance is about 42 miles and the circular route starts and finishes at Keswick. Lake District Tourist Map covers the route. About 14 miles of the route is along roads. Time limit is 24 hours. Promoted by the Ramblers Association. Further details and entry forms from Mrs E. Hillary,

JUNE 22nd - PURBECK PLOD (Dorset)

The fourth Plod will start and finish at Swanage and take a similar route to last year. There is, however, a scheme to have the finish at Weymouth in the future when coaches may return the walkers. The 26 miles take walkers through some of the most attractive parts of the coastal strip. Included in the route are Durleston Head, Chapman's Pool, Kimmeridge and Corfe Castle.

JUNE 26/29 CASTLEBAR INTERNATIONAL FOUR DAYS WALKS (Eire)

For those who wish to take a holiday in a pleasant part of Ireland there is a selection of walks to choose from. Distances vary according to age and the longest is about 26 miles (age 26 to 70) Why the organisers feel that an eighteen year old cannot cover 26 miles when a seventy year old can is hard to imagine. A certificate of Fitness will be presented to all who finish a walk! Medals are also available. Entry fee is £1.50 for those over 16, and accommodation ranges from £1.50 to £4.50 Enquiries to the Secretary, International Four Days Walks

JUNE 28th - MALLERSTANG MARATHON (Yorkshire/Cumbria)

This 25 mile walk, starting and finishing at Garsdale Head Y.H. and encircling the entire Mallerstang and Upper Wensleydale Valleys on the North Yorkshire/Cumbria border has been described as the most scenic marathon in England. The route keeps to the high edges around the valleys, reaches the summits of High Seat (2,328') Nine Standards Rigg (2,171') and Wild Boar Fell (2,324') giving extensive views of the Pennines, the Three Peaks, Lakeland Mountains and the Howgill Hills. Any Y.H.A. member over the age of 16 is eligible for entry and although a competitive spirit prevails running is not allowed and all those taking part must be equipped for the hills with suitable boots and clothing. The entry fee is 20p. whilst to all those completing the walk within 12 hours the Mallerstang Marathon Certificate is awarded. For other details and entry form please send (9" x 4" Min.) S.A.E. to Mr P.G. Gilks

JULY 5th - LYKE WAKE RACE (Yorkshire)

Faster members are invited to take part in this race over the popular route. Certificates to all finishers. Plaques to first 8, first three Handicap Ladies and

veterans awards. Entries to Arthur Pukrin (LDWA 215)

JULY 6th - TANNERS MARATHONS (Surrey)

Now in the sixteenth year of promotion the "Tanners" is easily the best supported event of its kind. This year there will be two walks: the standard 30-in-10 and a 10 miles event involving an observation test. Both events start from Leatherhead, Surrey, and will be routed along a new course of footpaths over the Downs. Certificates, badges, and trophies to the best YHA and school teams available. Route description and sketch map issued. O/S map sheet 170 (1") or 187 (1:50000). YHA members may stay the night at Tanners Hatch hostel and start the 30 miles event from there. Entry fee 20p. before the day. Full details from A.W. Blatchford

JULY 8-11th APELDOORN FOUR DAY WALKS (Netherlands)

The Apeldoorn Walks are similar to those at Nijmegen - for each age category there is a standard walking distance which ranges from a basic 18 miles to 31 miles. Details and entry form from Mr H. Reijen

JULY 12th/13th - NORTH YORKS MOORS CROSSES WALK (Yorkshire)

A tough 53 miles trek over the moors between ancient crosses. North Yorks Moors Tourist Map required. Start and finish at Goathland. There are several awards to be made, including trophies for the fastest man and the fastest lady. Some of the route is along private property for which permission is granted for the event. Details from Mrs A.E. Hood

JULY 27th - WIMBLEDON WALKABOUT (S.W. London)

The Southern Navigators Orienteering Club are getting together a route to include Wimbledon Common, Richmond Park and Bushey Canal - entrants to navigate from G.R. to G.R. over 10-15 miles. Details from Jeremy Denny

JULY - NIJMEGEN MARCHES - Netherlands (No firm date advised.)

First organised in 1909 and very popular with walkers of all ages who like massive participation. All on roads with thousands of spectators. A walk on each of four days according to age and sex. Medals and ribbons awarded. Accommodation arranged throughout the area by the organisers. Write to M. Verkerk

AUGUST 2nd - TANNERS HATCH TO CROCKHAM HILL (Surrey to Kent)

Linking the Youth Hostel at Tanners Hatch, Surrey, with the one at Crockham Hill in Kent. The total distance is about 28 miles and for much of the way the line of the North Downs is followed. Details from Graham Peddie

Map Sheet 187 of O/S 1:50000 first series required, or 1" sheets 170 & 171.

SEPTEMBER 6th - ACROSS WALES WALK.

The walk starts on the Welsh border and the route goes west via the Kerry Hills and Plynlymon. Entry is limited by the accommodation at Clun and Newtown Youth Hostels where walkers are required to stay prior to the walk. The route is about 45 miles in length and certificates are awarded to all who complete the course within 18 hours. 1" O/S maps Nos 127 and 128 (new maps Nos 135 & 136) cover the route. It is possible that Borth Youth Hostel will not be utilised this year. Alternative accommodation arrangements are being investigated. Details from J.A.Edwards

SEPTEMBER 7th - GUILDFORD BOUNDARY WALK (Surrey)

This walk is held in alternate years with the Punchbowl Marathon (30m.) The 22miles route completely encircles the town of Guildford at a distance of about 3-4 miles. Suitable for less experienced walkers. Highest point about 600 feet. Varied scenery: farmland, towing path, chalk hills, sand hills etc. Route description and sketch map issued. O/S sheet 170 (1") and sheet 186 cover. Entry fee 25p. Start 1 mile from town centre. Details from A.W. Blatchford

Promoted by the Guildford and Godalming Athletic Club.

SEPTEMBER - CHILTERN MARATHON (Bucks)

Details from V. Smith,

PLEASE always send a stamped, addressed envelope when writing to organisers.

THE DOWNSMAN QUESTIONNAIRE

After the first Downsman Hundred in 1973, all starters were sent a questionnaire containing forty questions relating to the walk. These ranged from footwear, food, navigation, training, etc. to reasons for entering. It had been hoped that valuable information would be gained from a scrutiny of the returns, but so diverse were the answers that no general guide for either organisers or walkers could be abstracted. In all, seventy-five people completed forms. The following is a brief synopsis of the data received.

Of those who retired, the main cause was blistered feet and the effects of the hot weather. Footwear came in many styles: about an equal number wore boots or shoes, many favoured training or athletic shoes, and other types used included gym and yachting shoes, and monkey boots. Like footwear, hose came in just about all available materials. Whereas woollen socks are usually advocated by experienced walkers, some on the Downsman found that nylon or cotton were equally suitable. Numerically wool wearers were just ahead. Most people wore just one pair, several had two and a few three pairs.

The greatest diversity appeared to be in the preparation of feet and in preliminary training. The majority paid some attention to their feet even if it was a mere dusting with talc or dab of Vaseline. Others were elaborate. Here is a selection of their descriptions: liberal bandaging of feet with three inch Elastoplast, applications of surgical spirit, visits to chiropodist, hardening of feet by repeated runs/walks, regular washing in brine, ensuring that toe nails were trimmed. Almost everyone reported that they had done some "training" for the event. In most cases this consisted of long walks but a few considered running better. A number of people did survey walks over parts of the South Downs Way and some made at least one all night walk. Very few had actually completed a 100 miles previously but over half had done a fifty. One finisher stated that the furthest he had ever walked before was twelve miles.

A minority of walkers had support parties. Longest stops at checkpoints ranged from 10 minutes to over 7 hours. Most seemed to have covered over 30 miles before resting for any appreciable time. Only a small minority indulged in sleep (max. 7½ hours) during the event.

The most popular drink was tea with orange squash a close second. The list of desirable foods is too long to include here but rice and fruit (tinned) were relished by nearly everyone.

Route finding did not trouble many people and although the sketch maps and route descriptions were reported to be useful many carried the four O/S maps as a back-up. Everyone carried a torch but many dispensed with carrying food, first aid or waterproof clothing.

A lot of walkers reported that they felt some ill effects during the event and these included sore or swollen feet, hallucinations, lack of strength for climbing stiles, nausea, sunburn, thirst, stiffness, etc. Ill effects after the event included stiffness, sore feet, loss of toenails, swollen joints. There were no reports of any lasting effects.

The 12.00 noon start was suitable for nearly all but a few felt that an earlier start would have been better. The worst aspects of the Downsman were: the heat, the hard flinty tracks, fast early pace, lack of sleep, getting lost, thirst, hill-climbing, early checkpoints closing too soon. To the question "what made you enter" there was an interesting selection of answers. For most it was the challenge of 100 miles whilst others have still to find out. Further answers included insanity, masochism, and one simply wanted to see the scenery.

The certificate and badge (plus 40p plaque) seemed to satisfy most finishers as regards awards. Some would have liked to have received a medal but others simply felt great satisfaction in finishing the distance. A few felt that the first man woman, veteran etc. should receive some further recognition.

Without exception all felt that the event should be held again but frequency varied between annually and every five years.

Further statistics taken from the report are: entries 138, starters 123,

finishers 66 (54%), youngest finisher aged 18, oldest aged 67, female finishers 3, average age of first ten home 32, average age of first class finishers 34, average age of standard finishers 38, average age of non-finishers 29.

As mentioned earlier it had been hoped that the returns would give a guide to future hundred milers and would-be organisers, but it is obvious that each walker has his own peculiar requirements and fads and these, even if known before the event, may change during it as a result of the weather or other factors. Perhaps, after a few more hundred miles events, we may eventually be able to publish some parameters for the average super-walker.

THE LATEST ON THIS YEAR'S DOWNSMAN

This year's Downsman looks like being exceptionally well supported; over 300 enquiries were received in January alone and by the end of the month the confirmed entries had reached seventy. To keep the event to manageable proportions a limit of 200 walkers has been imposed. If the number of applications exceeds this then members and those most qualified will be accepted first. Enquiries have been received from as far away as Holland and Germany. So keen to ensure a place in the event, the first entries came back only three days after the initial details had been sent out.

With such an extended promotion the need for checkpoint officials is acute and any member that is free to help is urged to do so. So far, offers of assistance have been received from the Epsom and Ewell YHA Group, Kent Group, Wessex Group and Portsmouth YHA Group, plus a few individuals. Anyone helping with the event could combine duty with a visit to the coast. It is hoped to be able to defray some travel costs.

If anyone has contacts who might be able to provide radio control then I would be pleased to hear from them.

Among the early entries are several veterans, the most senior of whom is Harry Peel (b.1901) from Ventnor. Others include Jack Spackman (b.1908) and Wynne Evans (b.1906). Harry Peel's son, Keith, is also an entrant. Two interesting entries are the husband and wife team of Barbara and Don Allen of Plymouth. As in 1973 the first entry was from a lady. So far 7 ladies are entered.

THE WALKERS' TOP TEN.

What the LDWA Newsletter has long been lacking is a chart of cheerful tunes for chirpy chappies to chant (pardon my alliteration). So for all you groovy blister-poppers here it is, the walkers' very own top ten:

1. Wild Rover,
2. These Boots are Made for Walking.
3. Climb every Mountain.
4. Manchester Rambler.
5. Keep Right on to the End of the Road.
6. The Happy Wanderer.
7. You Need Feet.
8. Uist Tramping Song.
9. Walking Back to Happiness.
10. Lyke Wake Dirge.

Compiled by 'Diddy' David Young

- PAST EVENTS -

1st JANUARY - SURREY INNS KANTER.

This proved a very popular event, 108 people taking part - 57 on the short 11 mile course and 51 on the longer 18 mile course. All but 5 completed the courses though not all finishers found all the checkpoints. The fastest on the long course by far was Brian Jamieson in 2 hrs 22 mins, with Alan Blatchford second, $\frac{1}{2}$ hour behind. The first on the short course was veteran marathon runner Doug. Sudbury, in 2 hrs 25 mins. However, most competitors took it more socially and stopped at one or more checkpoints. The short course had 7 pubs as checkpoints and the longer one 13. Jeff Ellingham is thought to have drunk at the most checkpoints, with a score of 6. As this event was so well supported, we intend to hold a similar one next New Year's Day.

Keith Chesterton (LDWA 81) Organiser.

12th JANUARY - RESERVOIR ROUNDABOUT.

In the half light of the early morning 106 enthusiastic members of the walking fraternity converged on the Claerwen Dam in the wild and lonely Elenith for the 10th Roundabout.

"Got your waterproofs?"

"Hang on, they're here somewhere".

"O.K. get your number over there".

These, and other similar comments, issued out of the melee of a typical marathon kit check. Soon order was restored and silence re-asserted itself as everyone made off across the dam and onto the boggy 20 mile circuit of the Claerwen and Elan Valley lakes.

Then it was our turn to get moving to the various checkpoints. I remained at the Pont-Ar-Elan for several hours, interested to see how people were faring after 12 miles of moorland, bog and more bog. It was apparent that conditions were very easy this year. Although there were wet feet galore, good visibility and lack of rain resulted in a fast pace, with only one retirement, due to cramp.

With 105 finishers out of 106, the average standard of the field was excellent. This figure included 11 ladies, all successful. First lady in was Mrs L.A. Walker from Snailbeach in Shropshire, in a time of 5 hours 5 mins.

Alan Hoare and Ted Norrish, both from Coventry, stole the show again, being joint first in 3 hours 21 minutes would you believe! Alan goes round faster every year, I can hardly wait for 1976 - get some radial vibrams Alan, they corner faster!

Once again the Bridgend Mountain Rescue Team did a great job of marshalling my thanks to them, Carl and Marion Ehrenzeller, various friends and my long suffering wife. Their help is vital to the smooth running of the event.

Neville Tandy (LDWA 130) Organiser

EASTER WALKING IN WESSEX.

Anyone interested in joining a small party for four (18-28 miles) walks at Easter should contact the secretary as soon as possible. The walks will be based on Salisbury (YHA) and may include Wansdyke, Great Ridgeway and old drove roads. Transport may be arranged to and from each starting point. Sites of antiquity will be inspected en route.

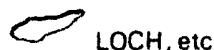
■ SCOTTISH YOUTH HOSTELS

- 1 Glen Nevis
- 2 Loch Ossian
- 3 Crianlarich
- 4 Balquhider
- 5 Trossachs
- 6 Loch Ard
- 7 Rowardennan
- 8 Glasgow

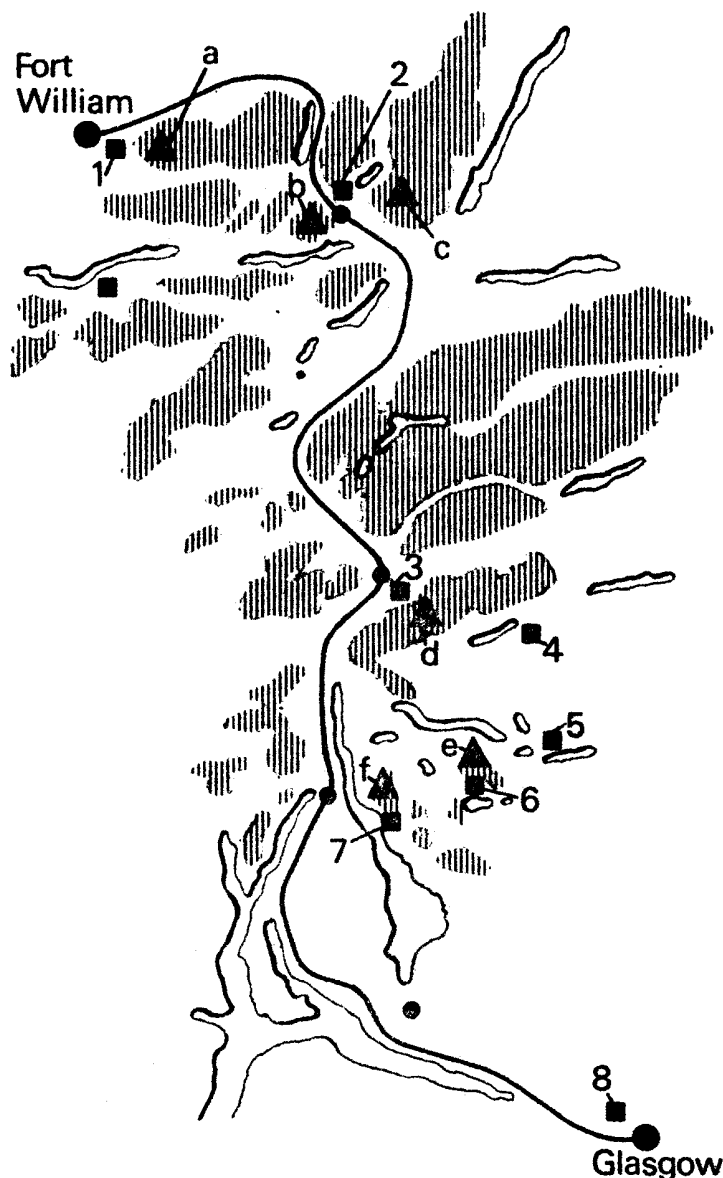


▲ MOUNTAINS

- a Ben Nevis
- b Leum Uilleim
- c Carn Dearg
- d Stob Binnein
- e Ben Venue
- f Ben Lomond



Scale: One inch to twelve miles



SOME SHORT WALKING ROUTES IN SCOTLAND

E. Hogben LDWA 744

Early one August, two of us set out for a week's walking in Scotland, which is a country containing large wild areas of hill, mountain and moor, and gives one good walking country in unpopulated areas without the need to scramble or climb (rock faces).

Whilst we intended to stay overnight at different Youth Hostels, we had only booked the first two nights at Loch Ossian, (where, three weeks previously, I had promised the warden I would bring a week's supply of tobacco with me, as it is 8 miles to the nearest pub or shop); and for this reason, whilst not carrying a tent etc., we had sleeping bags, bivvy gear and two/three days supply of food.

DAY 1 - Sunny and Warm.

After travelling overnight to Glasgow, we caught the train for Fort William, requesting, via the guard, to stop at Corrour Station (1345') in the middle of Rannoch Moor. To the west of the station are two mountains - Leum Uilleim (2971') and Beinn A'Bhrìc (2863'), from which excellent views of Ben Nevis, Glen Coe, Mamores and Grey Corries were had. We then descended to the simple but ideal hostel on the side of Loch Ossian.

7½m. x 1700 ft.

DAY 2 - Sunny and Very Hot.

Taking the track to Rannoch, we approached Carn Dearg (3080) from the west flank, then headed east along the ridge to Sgor Gaibhne (3124) and Sgor Choinnich, before descending to the east end of Loch Ossian; then a slow amble back to the hostel along the north side of the loch. The views from the ridge of Rannoch Moor were frightening - mile after mile of bog.

13m. x 2570 ft.

DAY 3 - Sunny, Hot and Humid.

Walked to Corrour Station and caught the south bound train to Arrochar. Then lunch at a pub at Tarbet on the west side of Loch Lomond. To try to miss out a 6 mile road walk, we attempted the Ben Reach and Beinn Bhreac Ridge to Inverbeg (but 5 ft bracken on a 60°+ slope is no fun with a main pack), so road walk 4 miles to catch ferry (rowing boat) to Rowardennan Hostel.

8m. x 2100 ft.

DAY 4 - Sunny, Hot and Heat Haze.

Walked to Loch Ard Hostel via Tom Eas, Ben Lomond summit (3192'), descending via the N.W. ridge to the saddle beneath Criunn A'Bheinn, down the Caornn Achaidh burn to Stuc A'Bhuie, then forest tracks to Loch Dhu before road to hostel.

12m. x 3100 ft.

DAY 5 - Sunny, Very Hot and Heat Haze.

Walked to Trossach Hostel following a reasonable marked track up the Ledard Burn to the coll between Beinn Bhreac and Ben Venue, ascended Ben Venue but no good views due to excessive haze, then S.E. from coll and forest tracks to Loch Achray and Brig O'Turk.

9½m. x 2200 ft.

DAY 6 - Hazy at First but Dull and Cool Later.

Walked via Brig O'Turk, Glen Finglas, then following the Ailt Gleann Nam Mean (good path) to Ballimore and Balquidder Hostel (now closed unfortunately).

11m. x 1000 ft.

DAY 7 - Overcast, High Winds and Heavy Rain above 2000 ft.

Lift to Ardearnaig (saved 6 miles), ascended Stob Coire an Lochan, followed an interesting ridge to Stob Binnein (3821'), descended to Bealach Eadardha Beinn. Due to weather, decided to descend to Benmore Glen and follow burn to Portnella and Crianlarich instead of continuing over Ben More.

8½m. x 3300 ft.

DAY 8 - Weather - No Comments.

Caught train to Arrochar and walked to pub at Tarbet for a couple of jars before catching steamer to Balloch and train to Glasgow.

N.B. It must be remembered that whilst the distances covered are short, one is walking in a country where the going is not easy.

When planning the weeks walk we worked on a much modified formula -

2 miles/hour)
1000 ft of ascent/hour) which allowed for breaks etc.

Also, when in mountainous country one must be properly equipped, with strong boots, waterproof clothing and spare warm clothing, map, compass and whistle.

OVER THE TOPS

by JACK ASHCROFT (LDWA 100)

We congregated on the Friday night at Deadwater Farm below Peel Fell, a couple of miles north of Keilder village. Dave and I had enlisted the support of our wives to establish a camp at this point, thus enabling us to walk a first day of 35 miles over the Cheviots, Carter Fell and Peel Fell without heavy sacs. Janet A. camped at the farm with the five children, whilst Janet P. came round to Kirk Yetholm where we bivvied soon after midnight.

We were away at 4.30 a.m. on Saturday, the weather indifferent with rain in the air. We were conscious that fine weather was essential for the first 120 miles, since the country we had to cover was remote, high moorland - the type of country that would prove difficult for navigation with persistent mist, or very wearisome, to say the least, should we get wet. There was relief in the party when by 9 a.m. the rain stopped and the sky cleared. We were saved for our first day. We made good time on the Cheviots and arrived at Carter Bar about 3 p.m. We had found it thirsty work walking the crest of the Cheviots. Penlington promised that Joe's mobile canteen would be installed on Carter Bar road summit, but Joe must have gone into liquidation or something. He was not there. The near crisis situation was saved by a caravanner parked in the layby. We begged a jug of water, which was nectar to us and revived us for the remaining 10 miles of our day's walk over Carter Fell and Peel Fell. This proved tough walking, in addition to our traverse of the Cheviots, but we arrived at the campsite satisfied though tired, about 8.0 p.m. A good wash in the stream and a wholesome meal - we slept soundly that night.

On Sunday the weather was fine again as we walked from Kielder to Gilsland over Larriston Fells, Slighty Crag and Spadeadam Moor. We left Kielder about 7.30 a.m. and arrived at a tent erected on a campsite at Gilsland by Ron Dearden and Mike Turner about 9.00 p.m. The highlight of the day had been a cup of cocoa prepared with great patience on a bracken fire by Penlington. We had trouble in finding water and keeping the fire going but the hour's rest was appreciated by all and the cocoa was magnificent! At Gilsland we fed very adequately on the cache of food left for us by Ron and Mike.

7.00 a.m. Monday morning found us threading our way through the restored sections of Hadrian's Wall. We had heavier sacs now, carrying food for the next two days on the tops. We found ourselves approaching Cold Fell about 10.00 a.m. and there had a second breakfast by a stream in a pleasing situation. It was then a very long walk above the 2,000 ft contour over Cold Fell to Hartside Cross - a road pass between Penrith and Alston. It was here that we had what can only be described as a bonus. On attaining Black Fell (2,179 ft) and looking down on the pass, we saw a restaurant! It more than made up for our lack of refreshment two days previously on Carter Bar. It was about 5.30 p.m. when we arrived at Hartside Cross. An hour later after 3 glasses of orange, 2 cups of tea, sausage, beans, chips, bread and butter, we were on our way again. We walked for a further two hours or so, finding a superb bivouac site at about 2,000 ft on the slopes of Cross Fell. We had another good meal and settled down to another good night's sleep.

The morning dawned brilliantly. We could hardly believe our good fortune, but in starting our 26 mile walk to the Tan Hill Inn, we appreciated that 5.30 in the morning conditions could change drastically during the day. Everything went smoothly

until about 8.30 a.m. between Great Dun Fell and High Cup Nick when our plans came as near to floundering as at any time during the week. Briefly, I got parted from the other three. I had map and compass. The other three only had a compass with a bearing for High Cup Nick. The mist enveloped the complicated terrain about 9.30 a.m. and persisted until well into the afternoon. I waited at High Cup Nick for about $\frac{1}{2}$ hour and then realised we had completely missed each other and with the mist around it was completely useless. I cursed myself - cursed them - cursed the mist, as I took compass bearings and traversed Murton Fell, Little Fell and Warcop Fell. On reaching Shot Moss at 3.00 p.m. on the Brough/Middleton-in-Teesdale road the mist cleared. I looked around in the vain hope that the others would appear, but no luck. The weather had become thundery and the direction in which I was due to walk was obviously in the midst of it. I traversed Iron Band and Stainmore Common in dark ominous weather conditions but the rain kept off and the cloud lifted from the tops. Further east the thunder roared. I wearily arrived at the Tan Hill Inn at 7.30 p.m. as it started to rain quite heavily.

We had hoped to find a bed for a night's rest at the Tan Hill but "Sorry sir, no accommodation," in spite of "Residential" splattered everywhere outside the place. I supped a pint and spoke to a farmer of my predicament as I ordered beefburger and chips. He told me we could sleep in his barn, a mile down the road towards Keld - an old railway cattle truck - if and when I found my colleagues. I was just having another curse to myself about the utter chaos when I saw Roy walk past the Inn window. I suddenly felt jubilant; map or no map they had made it - and so we launched into double beefburgers, chips and ale. Dave, Jim and Roy had just followed the High Cup Nick compass bearing - 8 miles of very rough walking through the mist. Without a map, the only way open to them on reaching the Brough road was to walk into Brough and then continue by road to the Tan Hill - about a 12 mile road walk. We had a conversation with three servicemen doing a west/east from Ravenglass to Ravens Car. They were carrying tents (pitched opposite the Inn). We bade them goodnight and walked a mile down the road to our remote cattle truck bivouac about 9.30 p.m. It had been an eventful day with the outcome doubtful to the end; but as we settled down on our bit of straw we felt satisfied to have covered our 120 miles of remote mountainous terrain in four days. The crux was really over - we thought. From now on it was going to be the "acorn route". No bee-line routes, pulling in every 500 ft bump - though I suspect Dave still harboured a secret desire to draw a straight line from the Tan Hill to the Nags Head, just taking everything in sight!!

Wednesday, our fifth day out, dawned with heavy cloud. We were away by 8.30 a.m. and dropped down to Keld and then traversed Great Shunner Fell in a ferocious storm. It was dense cloud, windy, wet and cold. Certainly it was the worst weather we encountered during the week but it was short lived and, as we dropped down to Hawes, the cloud lifted and the sun came out. We took a well earned rest at the Green Dragon Hotel and enjoyed a very adequate three course lunch.

We took our time wandering through the market town of Hawes before setting out on a further 13 mile walk to Horton-in-Ribblesdale. We had phoned from Keld and booked accommodation at the Crown Hotel in Horton. We arrived at 8.30 p.m., the last couple of miles we were all feeling the strain but once installed in the comfort of the Crown, with a good dinner it was a comfortable feeling with 150 miles of our walk behind us. The day's walk had been through gentler country than the previous

four days - a pleasing contrast - we were enjoying it.

Mist and drizzle greeted us as we left the Crown at 9.30 am on the Thursday. We fumbled about in the mist and rain over Pen-y-ghent and Fountains Fell but, following the same pattern as the previous day, the weather cleared as we approached Malham Tarn and dropped down to Malham in the afternoon. Another meal was ordered here - (it was becoming a matter of principle not to pass any eating or drinking establishment). We then wandered through the meadows and along the side of the River Aire. At Gargrave we took refreshment at a local hostelry, giving us further enthusiasm for another two hours walking. We tried one farm in the hope of a comfortable barn, but no luck. We trekked on and finally found excellent hospitality offered at a farm just south of Elslack. We were invited into the farm and the good lady even offered us a meal but we didn't overdo the generosity and just enjoyed several cups of tea. The barn made available to us had H. & C. running water, but no separate bathroom!

The morning dawned with brilliant sunshine. We were away by 6.00 a.m. It was Friday, our seventh day. We felt it essential to make good progress in an attempt to reach Edale for Saturday night. However, this wasn't to be so, principally because we found a superb sun-trap for a lunch break and the time just slipped by! We then wasted some time in trying to take a short cut on Stanbury Moor - I must admit at my instigation. By 4.30 p.m. it was obvious by studying the map, that we would not make Marsden, our original target, that night and so we wearily dropped down to Hebden Bridge and booked in the night at the White Lion Hotel - an ancient hostelry of some character. I think it is true to say we reached our lowest ebb on reaching Hebden Bridge. However, after a good steak and some ale, life took on a rosy glow and the 35 miles or so of Bleaklow type country separating us from Edale seemed all that much nearer. We decided first to lower our sights a little and make for Crowden Y.H. on Saturday night. We phoned and booked in. Next we emptied our sacs of every non essential item, packing it solidly in Jim's extended bivvi sac and asked the manager if we could leave it for collection at a later date. A third decision was Jim's, who decided to leave his boots and walk the rest of the way in his Timpson's holiday slip-ons! He had, in fact, sprained his ankle earlier in the walk and the foot had become swollen and painful.

We left Hebden soon after 8.30 on Saturday, traversing Stoodley Pike, Blackstone Edge, and Black Moss in dull, showery weather. And then Black Hill came into view. For me, and I'm sure, for the others, we were home: but there was a sting in the tail - for the traverse of Black Hill was undertaken in vicious conditions, similar to our traverse of Great Shunner Fell. We arrived at Crowden Y.H. about 7.15 p.m. - soaked. The most vivid memory I have of the evening was when a bearded Youth Hosteller who, when told of our walk, said "I hope I can walk as well as that when I'm as old as you". We didn't reply.

It only now remained to scramble up Wild Boar Clough over Bleaklow and Kinder. We were away from the Y.H. soon after 7.00 a.m. on Sunday. Seldom have I walked from Bleaklow Head over Featherbed Moss and on to Kinder in finer weather. The Peak certainly turned on the finest weather for our final stretch. We needed something like this since we were all suffering in minor ways - Dave with shooting pains up his spine when walking down hill, Jim with his painful ankle, Roy with blisters and myself with a sprained muscle above the knee. We descended Grindsbrook to arrive at the Nag's Head at 1.00 p.m.

It was a great moment, the 250 miles behind us full of memories more than it has been possible to relate here. Nothing has been mentioned of the alarm clock precision of Roy for early starts; the banter; the humour on route finding; Penlington's perpetual call, "It's the time, Jack, the time."; of the deer on Larriston Fells and fawn so near that we could touch them; of foxes and grouse chicks on Great Shunner Fell. It all added up to a magnificent week's walk in good company and in generally fine weather. One thing - don't believe the story that the route is worn out. There is very little trace of people having walked at all over considerable lengths. But I know, if people like me persist in writing about the Way it will soon be worn out. Hard luck. But I think we are alright for the present. It's all boots now. Are boots becoming a thing of the past?

POSTSCRIPT.

Jack Ashcroft writes:-

....."the article was prepared for the Newsletter of the Oread Mountaineering Club and the people who took part are all members of the club. The walk had two things in mind.

- 1 - To do the distance in as near a week as possible.*
- 2 - To follow a high level route, i.e. over the tops.*

The latter is probably difficult to advertise since the route described does not follow rights of way but it does show what can be done by an ordinary walking party carrying approximately 20 lbs each providing early morning starts are made and the weather is kind. The team comprised, in addition to me, Dave Penlington, Jim Winfield and Roy Darnell."

THE DALES WAY - by STEPHEN WALKER (LDWA 834)

I read with interest Dave Bailey's account of his Dales Way Hike (Newsletter No. 10, Page 13). I walked the Way in 1972 with a friend, and we decided to allow seven days for the 73 miles from Ilkley to Bowness-on-Windermere. We carried camping gear and food for 4 days which we supplemented where necessary. We also utilised two Y.H.'s - the ones at Upper Dentdale and Kendal.

The reason we allowed so long for the hike was to savour the landscape, a point which I feel is often neglected when 'doing' these long distance hikes. Surely, if one is going to make the effort, then with a little more time, a much more enjoyable experience can be the result.

Details of our hike are as follows:-

- DAY 1 Ilkley to Bordon.
- DAY 2 Bordon to Grasswood (1 mile beyond Grassington)
- DAY 3 Grasswood to Hubberholme.
- DAY 4 Hubberholme to Upper Dentdale (Y.H.)
- DAY 5 Upper Dentdale to Sedbergh.
- DAY 6 Sedbergh to Burnside.
- DAY 7 Burnside to Bowness-on-Windermere.

We followed the Dalesman Guide, written by Mr Colin Speakman; a good account, but rather conservationist to the point of masking the actual details of the hike.

We only saw 1 signpost during the whole 73 miles and noted, occasionally with horror, that stiles were not where our guide, Mr Speakman, said they ought to be. The worst section, in this respect, was Grassington to Kettlewell.

The weather was extremely kind to us; so taking the opportunity offered by good weather we caught the bus to Keswick and walked to my home town of Wigton over the next two days.

The walk is, as Mr Bailey points out, a very good one; well worth the effort, but even more so with the time to appreciate the beauty of your surroundings.

I have just been re-reading the Special Newsletter (No.1) on the Pennine Way which you published in February this year. I found it particularly interesting as I completed the long walk about two months ago. This was my second visit as I also walked about 200 miles of the Way in 1970 (from Edale to the Roman Wall).

When I walked the Way this summer I noticed a number of changes compared to my previous journey of four years ago. As I do not think that these were mentioned in your special newsletter I would like to describe some of the changes particularly for those who did the walk some time ago.

(1) Firstly, some of the footpaths on the moorland sections have greatly deteriorated. Footpaths, which in 1970 were narrow and fairly indistinct, have become muddy and bare and have grown in width by two, three or more times. With the increased number of walkers the grass on the original path is killed off so that the surface rapidly becomes muddy in wet weather - walkers then go along the verges to give easier walking with the result that the path gradually becomes wider. The section over Sleightholme Moor from Tan Hill Inn is a good example of this, so also is the section from Birkdale to Maize Beck in Upper Teesdale. In some cases an attempt has been made to reduce the damage by diverting the path, presumably temporarily. This has been done on Knock Fell and again just behind Blakelaw on the section from Bellingham to Byrness. This seems to be a sensible way to solve the problem but I imagine that it will take many years for some of these worn paths to recover. This deterioration fortunately applies only to a small proportion of the paths but I foresee that it will become increasingly a problem.

(2) Way-marking has been greatly extended. The carved signs that I remember so well in 1970 seem to be gradually disappearing, but new types of markers have taken their place. White painted acorns on gates and stiles are very common and posts with P.W. have been placed at short intervals on Knock Fell and in the Cheviots. The great moorlands to the south remain as bare as before, however. In fact, as a generalisation, the way-marking grows in intensity as one journeys northwards. With increased traffic the paths have in any case become easier to follow. Route-finding is far less of a problem than in 1970. Only a few places such as Kinder, Bleaklow and Featherbed Moss (north of Black Hill) really lack paths now.

(3) Provision of accommodation and refreshments is much better than formerly. I can, in particular, remember coming off the Ickornshaw Moor in the Bronte country and finding a farm which provided a wide range of refreshments including hamburgers and hot dogs. This is true in other places where farms on or near the route are providing refreshments - and often fairly cheaply, 10p for a pot of tea (4-5 cups) and home-made biscuits is not bad!

(4) Traffic on the Way has greatly increased - hostels in July-August were well booked (although a few beds were normally available for anyone who was on the doorstep at 5 o'clock). Not only are there more people walking south to north but far more in the opposite direction. In 1970 I can only remember passing two or three parties in the fortnight; in 1974 I passed that number every day.

(5) A number of bothies are being established. The railway carriage and the wooden hut in the Cheviots have been long established, but Greg's Hut on the corpse track off Cross Fell provides excellent shelter and is still being improved. There is also talk of another being planned at Top Withens. The gaps in the hostel chain are being closed, new hostels having appeared at Hawes and Byrness. The sections from Crowden to Mankinholes (24 miles), Mankinholes to Earby (25 miles), Keld to Langdon Beck (29 miles) and Knock to Once Brewed (43 miles) are still too long for many people, however. The hostel at Knock is also to be closed and a new one opened at Dufton, thus removing the last excuse for omitting Knock Fell from the walk!

(6) I think that I have read every guide book published on the Pennine Way. Like most people I used Wainwright on both occasions and had no trouble route-finding. This is fine provided that you can keep to the route; probably a Stevenson-Wainwright combination being best of all. There are, however, some diversions from Wainwright. For example, the route from Ickornshaw goes up by the chapel to the west of Middleton and not to the east as he has it. The P.W. sign is so easily missed, however, that most people will follow the guide. The ascent of the Cheviot, which he describes as having no path, now has a good path and a new fence which runs straight from near to the Border Fence at Cairn Hill (West Top) to the summit. Route finding is, therefore, now no problem. The path to Malham no longer approached by the river but instead climbs the hills to the east and there rejoins the river further north.

The Way, however, has not basically changed; it is still fortunately a very long, hard and lonely walk. But I agree with Mr Wainwright that the loneliness is most felt when the Way is finished and not during the walk. This is because you are living amongst people with a common purpose on the Way, whereas when you leave you meet people who, in the main, have barely heard of it. I journeyed home from Kirk Yetholm by bus in the company of an elderly gentleman who expressed great astonishment at my tale of a 250 mile walk. He felt quite sure that, had I tried, I would have been able to get any number of lifts from passing cars. I knew exactly what Wainwright had meant, I had returned to civilisation!

AROUND THE ISLE OF WIGHT

STEWART DUTFIELD - LDWA 272 -

The Isle of Wight Coastal Footpath is one of the many way-marked routes set up by the I.O.W. County Council, and for which printed route descriptions exist. While most of the paths are trails of between 8 and 15 miles, the Coastal Path encircles the island in a distance of about 60 miles, comprising rights of way linked by road at appropriate points. The terrain and scenery are extremely varied (a fact well known to any visitor to this fascinating island). However, one of the less interesting sections for the walker is the amorphous stretch of coastline between Blackgang and Compton Bay, in the South-West. Here the clay cliffs and the beach are rather scrappy, and although there is much of interest to the naturalist, there do exist better alternatives. It was for this reason that, starting from Shorwell Youth

Hostel, I chose to follow the Downs to Freshwater Bay, and to return from Blackgang via St Catherines Down. Both of these routes are chalk ridges of high quality, and it seemed that a marathon walk beginning and ending over fine country would be good for morale - an enjoyable start, and, to look forward to during the walk, a worthwhile finishing section.

I started from Shorwell at 4.25 a.m., as dawn was beginning to illuminate the well-trod way above Limerstone to the Forest Gate on Brighstone Down (at 600 feet the highest point on the walk). From here the track runs along the ridge into Freshwater Bay 6 miles on. At this stage, with fine views over the somnolent island, I was enjoying myself and reached Freshwater Bay in 1½ hours. During the climb up Tennyson Down, the vivid red dawn shone on the chalk cliffs, and combined with the cries of seagulls overhead (did they really have shaved heads?) seemed to foretell Doom.

I cut off a small corner on my way to Alum Bay by not following the coastal path to its westernmost extent along the cliffs. After all, the object was to walk round the island, not to follow the coastal path in all its scenic meanderings. It was 6.55 when I sat above Totland pier to doff my nylon trousers and my jacket - by this time it was daylight and I was getting quite warm. The way from Totland to Yarmouth is littered with holiday camps, but there was a pleasant half-mile along the Colwell Bay seashore. After negotiating the navigational intricacies into Yarmouth I reached the Youth Hostel at 7.50 a.m. (15 miles). The warden, "Mad Fran", only lacked the energy to be furious when I woke him and made coffee in his room. We talked for 45 minutes before I set off along the old railway line for Bouldnor Cliff.

The walk along the cliff is a pleasant one, despite the disappearance of the footpath due to landslip; there was an attempt to erect steps down the cliff to maintain the path, but these have been demolished by further landslips. Fortunately only a few hundred yards are affected. From Hamstead Farm the coastal path makes a detour down to the beautiful Newtown Harbour. I merely made direct for Shalfleet by track and road, reaching the New Inn at 9.45 (20 miles).

From here the coastal path follows the road for a further 3½ miles via Newtown (in a detour which I again neglected - the prospect of so much road hardly inspired me to look around the C17 Town Hall). On this section I got a little fed-up and therefore tired; the concrete and caravans of Thorness Bay and Gurnard did little to relieve this, but I was able to amuse a few promenaders by striding out along Princes Esplanade into West Cowes. (28 m. 12.10 p.m. - a little behind schedule).

The chain ferry brought me, rested, to East Cowes by 12.45 when there was the only rain shower of the day. From here the route divided itself neatly into one-hour sections; past Whippingham Church to Wootton Bridge (half way), via the ancient Quarr Abbey to Ryde, to Brading Harbour via Seaview and St Helens. I paddled across the entrance to the harbour (40m., 3.50 p.m.) since the tide was very low - bliss for the tired feet - and rested in the sunshine for half an hour.

Thence along the sandy beach to Whitecliff Bay, over Culver Down and into Sandown by 5.40, where I got encouragement and a glass of water from the Youth Hostel. The way through Sandown to Shanklin is uninspiring but well compensated later by the Luccombe landslip; at 6.55 p.m. I was in Bonchurch consuming a delicious pint of milk by the duckpond (51 miles). Through

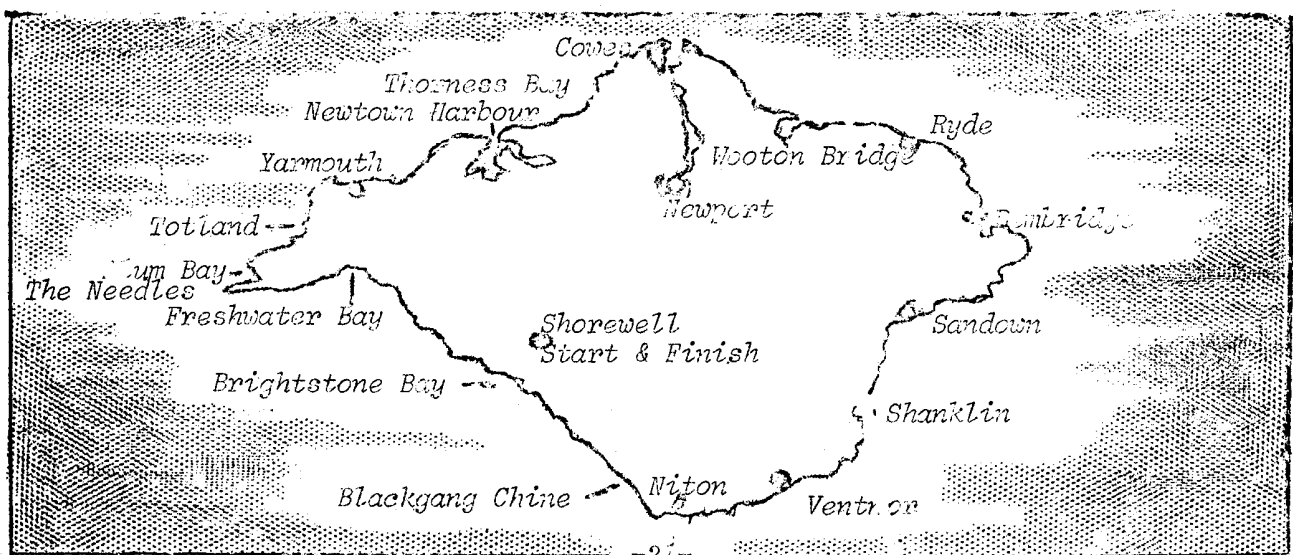
Ventnor I found my own way onto the cliffs rather than following the coastal path, for which the description here is rather vague. By now I couldn't face any more regular mouthfuls of raisins, and so I was beginning to feel run-down as well as tired. From Ventnor to Niton is a beautiful stretch of coastline, but as dusk was falling I wasn't in a position to fully appreciate it! In Niton (56 miles) at 8.25 I decided to make directly back to Shorwell as I was half an hour behind schedule, and saw little point in expending effort to visit Blackgang when drinking time was ticking away. As it was, a great effort of will was necessary to get past the "White Lion" in Niton!

The day was by no means over; being the object of too much bovine curiosity in the twilight on St Catherines Down was enough to make me avoid a field of bullocks above Chale Green by walking an extra half-mile. It was 9.10 p.m. when I finally reached the road with three miles to go, and I felt fairly dispirited. I decided to waste no more time, so with ineffable perverseness I ran most of the way to Shorwell, arriving at the Youth Hostel at 9.35 p.m. (63 miles) and at the Crown Inn 10 minutes later! Blessed be 11.00 closing! I was pleased to finish because this was the first walk of such a distance that I have done alone, without the extra motivation of a challenge walk.

Two flaws in the Coastal Path emerged from the walk; the long road sections from Hamstead to Porchfield and from Cowes to Wootton, and the ignoring of some worthwhile areas of coastline; the Fort Victoria Country Park near Yarmouth is bypassed inland, as is the Norris Castle/King's Quay area (admittedly there are access difficulties - ideally these would be overcome). This apart, the remaining nondescript sections are merely due to the nature of the coast at that point, and are well offset by the best parts; the Isle of Wight perhaps contains some of the finest lowland walking in England.

Shorwell is an ideal place to start and finish the walk; the initial stretch is indeed good for morale, while one is all the time looking forward to the walk along St Catherines Down, after which it is all but over. The Youth Hostel at Shorwell will probably again be open during July and August next summer.

The route description pamphlets for the Coastal Path and the Trails also contain comments, for the visitor rather than the expert, on flora and fauna, buildings and landscape to be seen en route. They are available free of charge from the County Surveyor and Planning Officer, Isle of Wight County Council, County Hall, Newport, I.O.W.



BOOKS OLD AND NEW

"THE PEAKLAND WAY" by J.N. Merritt and published by Dalesman Publishing Co. Ltd at 75p. This recently published book has as its subject a 100 miles walk to which the author has given the above title. He inaugurated the route in August of 1973.

The circular "Way" begins and ends at Ashbourne on the southern tip of the Peak National Park and follows the lesser known ways. Included in the route are the Manifold Valley, Longnor, Deep Dale, Chee Dale, Hay Dale, Peak Forest, Mam Tor, Edale Valley, Kinder Scout and Downfall, Win Hill, Hathersage, Stanage Edge, Longshaw, Froggatt, Corbar and Baslow Edges, Chatsworth Park, Stanton Moor, Gratton Dale, High Peak Trail, and the Tissington Trail.

The author is a full time writer and lecturer and has written ten books on the Peak Area. According to the Press Release he is one of Britain's foremost long distance walkers. He has walked most of the official long distance paths and for good measure has completed a "Hebridean Journey" of 1003 miles in 54 days, a "Northern Isles Journey" of 800 miles in 42 days and an "Irish Journey" of 1515 miles in 72 days.

A.W.B. based upon press release.

Crossings "GUIDE TO DARTMOOR" by B. LeMessurier, published by David & Charles at £1.50. This is a 528 page paperback edition of William Crossings 1912 book. The bulky book is described as a "Topographical Description of the Forest and Commons" and is exactly that. The little tome contains just about all the walker should want to know about the Moor where the Dart rises. Several pages are devoted to hints for the rambler, local terms, objects of interest, and ancient tracks.

Each district of the Moor is taken in turn and walking routes are described through them, across them, and around them. The book is liberally sprinkled with sketch maps and view finding drawings. Obviously things have changed since the book was first conceived but much of what is described is still as it was at the turn of the century.

William Crossing, who died aged 80 in 1928, first started to record his excursions onto the Moor about 1873. His book when it eventually was published, was the foremost guide to the area and an accredited masterpiece. About 35 years of his life went into the book. The present volume contains a short biography of this remarkable man.

A.W.B.

I'm not sure what the Association's policy is to recommending books, but I would like to make other members aware of a most interesting publication entitled "HISTORY AND RECORDS OF NOTABLE FELLWALKS 1864 to 1972 WITHIN THE LAKE DISTRICT" - which I recently obtained and have enjoyed reading.

Although I am not a fellrunner myself I have, over the years, competed in many long distance walks and am rather proud of my achievements to date. Even so I have often been amazed by that elite group of people who, despite boots and backpacks, can still complete a classic walk such as the Fellsman in about 16 hours or so, while the best I can manage is some 26 hours.

This book provides all those who are keen on hiking and walking generally with a useful insight into the world of the Fellrunner, how the sport has developed and much information about current champions like Alan and Neil Heaton and Joss Naylor. The way the Lakeland Fell Records were originally established and have since been improved is indeed an exciting history which I feel will be enjoyed by many of our members.

The story of Lakeland Fell Records up to the present date is a 71 page volume of duplicated foolscap sheets presented in a loose leaf binder into which future data can easily be included. By any standard the book represents exceptional value for money at only £1.25, and is available by post from MR FRED ROGERSON

Mike Teanby (LDWA 871)

"Chalkways" in Newsletter 10 was contributed by Keith Pennyfather (LDWA 96) (With apologies for omission. Ed.)

NORTH YORK MOORS ROUTE OF DALES (NIMROD)

Another walk that may be attempted at any time has been sent to us. This, in its abbreviated form, is NIMROD. Despite its name it is not entirely a low-land walk: in its 34 miles it includes 5200 feet of ascent and climbs above the 1000 feet contour. Anyone who completes the route may apply for a badge and certificate, costing 5p. and 30p. respectively. Walkers should apply to Ian Angus

The route is covered on the O/S N.Y.M. Tourist Map and on the 1:25000 sheets SE69, SE79, NZ60 and NZ70. The walk may be started at any point (being circular) but Church Houses in Farndale may be the most appropriate because food and drink is available there. We hope to give the route when more space is available but in the meanwhile details may be had from Ian Angus.

THE SPERRIN HIGHWAY

Although at the present time Ireland may not be the most attractive place to visit there is plenty of excellent walking country there. For some years now such annual walks as the Mourne Wall Walk, the McGillycuddy Reeks Ridge Walk, and the Castlebar Four Days Walks have been held. Member Joe Glover has sent us details of a new walk that he pioneered and first completed in April of this year. This is The Sperrin Highway Walk which, as its name suggests, follows the Sperrin Ridge. The route is mainly along the borders of Londonderry and Tyrone counties and the distance is 20 miles approx. A total climb of about 4750 feet is involved and good views are to be had from many points. Joe, who is president of the North West Mountaineering Club, is hoping to gain the interest of the local authorities and possibly hold a challenge walk along the route in better times.

THE SOUTH DOWNS WAY

The Countryside Commission have proposed a 26 mile extension to the long distance bridleway, the South Downs Way. At present, this bridleway runs from Eastbourne to Harting, keeping mainly to the ridge of the Downs within the county of Sussex. The proposed extension will run from the Hampshire boundary near Harting, through the Queen Elizabeth Forest and the country park at Butser Hill, to reach the outskirts of Winchester via existing paths along the west bank of the River Itchen.

Much of the planning of the route has been undertaken by Hampshire County Council in association with the Commission who are now consulting with the other local authorities involved and with organisations representing landowners, riders and walkers.

The Dalesman Magazine for January 1975 has an article describing "three new walks for the hardy". Contributed by E. Foster (LDWA 26)

1. THE HARROGATE DALESWAY. A 19 mile walk from Harrogate to Bolton Abbey almost entirely on public footpaths. This links up with the 73 mile long Dalesway, thus making it possible to walk from the centre of Harrogate through the heart of the Yorkshire Dales National Park to Windermere in the Lake District.

2. ALONG THE MONKS TROD. Although no continuous right of way now exists, there is thought to have been an ancient track linking Kirkham Priory on the River Derwent, about 6 miles south of Malton, with Bridlington Priory, 26 miles distant. The author describes a possible route between the two points, using as a guide seven churches which form a line right across the Wolds. Two famous "deserted villages", Wharram Percy and Cottam, lie on the route. More information on this ancient way is required.

3. THE APOSTLES WALK. This was a three day walk undertaken as a fund-raising event uniting 12 churches within the Diocese of York, each representing one of the 12 Apostles. These included St Thomas at Sutton-in-Craven; St Andrew at Kildwick; St Margaret's at Ilkley; Bolton Abbey; St Wilfrid's, Burnsell; St Oswald, Arncliffe; St Michael, Kirkby Malham; St Peter's, Coniston Cold; St Andrew, Gargrave; Holy Trinity, Skipton, St Stephen, Steeton; and finally St Matthew's Church, Wilsden.

SHORTS AND BRIEFS

ANNUAL GENERAL MEETING

For those who did not see Newsletter 10, the third A.G.M. is being held on Saturday 15th March at 2.30 p.m. in The Institute, Old Wyche Road, Lower Wyche, Malvern, Gloucestershire, G.R. 779440, and we hope as many members as possible will be there.

PENNINE WAY - Central Section - Gargrave to Dufton.

May 24th-30th (finishing with a weekend in Patterdale). Would anyone who would like to join small party for the week or for either weekend write to Monica Nelson

ANYONE FOR NIJMEGEN?

George Theakston is hoping to drive to the Sixty-sixth Annual Four Days International Marches later this year. He has a Dormobile and will take up to five members on a cost sharing basis. Anyone interested should contact George as soon as possible, (date usually late June/early July).

LIFTS REQUIRED

Anthony Ketcher (LDWA 960) is currently without transport and would welcome the offer of lifts to any events and to areas where training walks might be made (e.g. Brecons).

TO AFRICA.

In May, veteran long distance runner Derek Funnell (LDWA 396) travels to South Africa to compete in the famous Comrades Marathon. The "Comrades" is very popular - a 54 miles road race between Durban and Pietmaritzburg and, unlike races in this country, it is open to all ages, and both sexes. Sometimes the starters have numbered more than 1000 and, as one would expect, the runners (and walkers) soon spread along a line several miles long. The winning times are below six hours but many of the "non athletic" types take double figures for the tough journey. In past "Comrades" there have been British runners of which two are LDWA members: Don Turner (245) was third in 1962, and Jim Forest (815) has also run.

NORFOLK TO WALES WALK.

G.D.Patton has asked for information on a "Norfolk to Wales Walk". Maybe this is a little known route across the broadest part of England. If any member has details please send to Editor.

LONGEST WALK IN BRITAIN

Veteran walker Harold Martin (LDWA 369) of Yeovil is planning to walk the complete length of the South West Peninsula Coast Path in August of this year. He hopes to do the walk in about a fortnight (!) thus averaging nearly 40 miles a day. He will be starting at Poole, Dorset, on August 9th and will finish at Minehead, Somerset. He believes that when he completes the trek he will be the first person to do so in this direction. The object of the walk is to raise money for charity (National Lifeboat Institute). Harold will be pleased to hear from any member who might accompany him on a part of the walk. His address is: For the record, he is 66 and has qualified for the exclusive Centurions Club.

SURREY WALKING CLUB STROLLS

Members who live in, or are visiting the South East, are invited to join the Surrey Walking Club strolls. The S.W.C. is primarily a race walking club but LDWA members should find the walks within their compass. They have a full list

of walks averaging about 20 miles and covering most of the Home Counties. Being an all male club the S.W.C. regrets it cannot welcome ladies. A full programme can be obtained from Walling Bryant (LDWA 189)

THE LONDON COUNTRYWAY

Good progress is being made on the finalisation of the route, and the complete route description and sketch map should be available to members in August. Volunteers are now needed to walk sections as a final check on the route description. (Great attention is being paid to route description accuracy, but the endorsement of the members would be appreciated.) The route passes stations on every railway line out of London, providing sections of 8 miles upwards, between stations. As mentioned elsewhere 55 miles of the route will be walked on April 12th/13th. The route is extremely scenic and contains very little road.

Until early May please direct all enquiries to Jeff Ellingham. For his address see the Woldingham--Windsor Walk.

WANTED

Collector requires any item connected with Railways from cast Iron signs to lamps, watches and clocks. Also requires Hornby Trains and Trucks. Cash paid and collections arranged. A.Melsom

BURLEY YOUTH HOSTEL - NEW FOREST.

Surrey Group is losing an active member to Wessex, for Brian Smith (LDWA 786) has recently been successful in obtaining the post of Warden at Burley. He will be pleased to welcome members there and hints that he has some organising ideas up his sleeve for the future.

NUDGE, NUDGE, WINK, WINK.

It was suggested at a recent Association committee meeting that some free publicity could be obtained if members were to mention the LDWA when writing to other organisations etc.

NEWSLETTER NO. 1.

There are still some copies available of the reprint and 10p. to the Editor will secure you one. (No coins please as some of them vanish en route).

THE SURREY HILLS

Anyone requiring information on the Trans-Surrey route should write to Bob Ball who has been at for over a year now, and not Godalming as formerly, (better late than never they say).

CORRECTIONS

Manx Mountain Marathon. This will be held on 31st March, and George Broderick's address is: (Not as reported on Page 5.)

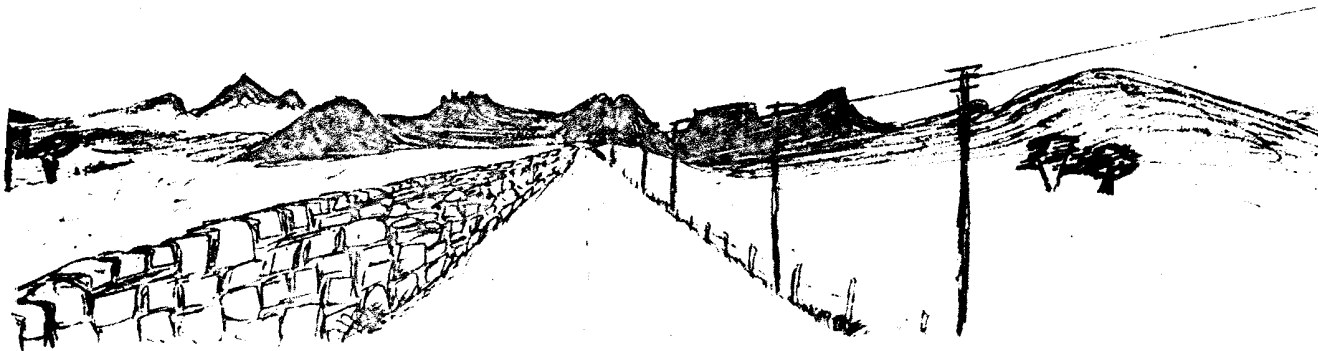
Woldingham to Windsor.

Start will now be 1.45 p.m. (2 hours later than advertised). It has been established that Windsor Park does not open up until dawn - (they were not very keen on getting up earlier to unlock just for us!)

SNAP

Y.H.A. members will recognise Stewart Duffield's account of his Isle of Wight journey as it was featured in the 1975 Winter edition of Hostelling News. We had intended to include this in our last Newsletter and it had been committed to stencil at that time but pressure of space prevented it from appearing then.

LETTERS TO THE EDITOR



Snowdon

Glyder
Fach

Tryfan

Carnedd
Daffyd

Carnedd
Llewellyn

PEAKS and RIDGES

I have walked over the Welsh Threes many times - seven, plus a double to be precise - and I thought you might like the enclosed drawing for the LDWA Newsletter. The view is from the A5 near Pentrefoelas. (Above Ed.)

I see that you want information about the Cuillin Ridge. This should not be included in the LDWA notes, as there are a number of serious rock climbs on this ridge. For information, see the Scottish Mountaineering Club guides to Skye. In particular, the Teallich-Dubh gap is an obstacle that cannot be turned without a very long drop below the cliffs. Walkers beware!!

Can you put your name (editor) on the front or back page of the newsletter, so that we can easily find this and your address!

Hilary Clark (LDWA 27)

We have had several very informative letters concerning the Cuillin Ridge, including one from Roger Chapman (LDWA 18) of the Mountain Club, and David Rogerson, and we intend to elaborate on the subject in a future edition. Ed.

THE ULTIMATE CURE FOR SORE FEET?

We discovered the answer to sore feet on the summit of Pen-Y-Ghent. In 1967 we were on a Three Peaks Walk when we found this letter stuffed in a hole near the trig. pillar. "No. 2½ company, Yorkshire Republican Army. Arrived 15.00 hours, departed Horton 12.30 hours. Route: N.N.E. up Pennine Way to shooting hut (code name shooting hut) 1st camp. Checkpoint Fred E.S.E. to underground H.Q. (code name Hunt Pot) 2nd camp S.S.E. to foot of outcrops. Fearless leader Frank reported Nowt. Set of high altitude breathing sets purchased from local peasant who just happened to have 34 sets. Left for summit, several of the party suffered severe stripping of the left hand thread of our lightweight Mk. 5 screw in legs. Thuck, Uggy, Diddy, Noah and Tatty." There is the answer, I believe the Mk 6 version had a coarser and stronger thread. Before someone questions the fact we really did find the letter.

Malcolm Boyes

THE HIGH PEAK MARATHON.

I've enjoyed trying the High Peak Marathon twice now, despite the weather, and hope, on a third time perhaps, to finish it! However, it would be considerably improved (and perhaps the cost reduced) if it started without the long van ride from

Edale to Yorkshire Bridge. Why not start at Hollins Cross? All teams could start at even intervals rather than in groups of three, and good navigation would become even more important.

Keith Chesterton

CORRECTION - NEWSLETTER NO. 10

After reading the very interesting account about the Dales Way (Newsletter 10 Page 13) I feel I must write and quell any mirth about Yorkshire place names which might have resulted from an unfortunate printing error.

After Grassington, the Dales Way continued to follow the river Wharfe to BURNSALL - not as previously spelt!

James Bell (LDWA 892)

(The typist claims that Bumsall was the deliberate mistake but, sorry, no prize! Ed.)

CAN ANYONE HELP ERNIE?

LDWA members will no doubt be familiar with A. Wainwright's 190 "Coast to Coast Walk" which traverses the country from St Bee's Head on the Irish Sea to Robin Hood's Bay on the North Sea, crossing three National Parks on the way. I know several people who have done it and one, John Needham (LDWA 94), is currently writing of his experiences in that excellent little publication the "Rambler's Magazine" edited and produced by Allan Bates. I have even got round to contemplating (just contemplating, mind!) having a bash myself. However, I wonder how many members have walked the 110 mile "Bay to Bay Walk" which was devised and described by Showell Styles in ten consecutive issues of the "Climber & Rambler" magazine from April 1972 to January 1973. The walk was described as a "new high level route across Wales", linking Liverpool Bay to Barmouth Bay and traversing every mountain top on the way. The tops include the Clwyds, Llantysilio Mountain, the Berwyns, the Arans and the Cader Range. It would be interesting to know whether this long-distance route has proved popular. No doubt it would appeal to the more experienced walker. Despite a frantic search I find that my back numbers of the "Climber & Rambler" go up to Day 9 only (the December 1972 issue) so the grand finale is missing. I imagine that the series would have been published in book form, although I have not come across it. Can any readers of the LDWA Newsletter help?

E. Foster (LDWA 26)

SIX DALES WALK?

In Newsletter 10 you asked for information on the "Six Rivers Walk", could this possibly be the "Six Dales Hike" in the dales of Yorkshire; this is an organised walk of 42 miles which is open, unfortunately, to Scouts only. The route starts at Settle, goes by Malham Tarn, along Mastiles Lane to Kilnsey. From there it crosses the River Wharfe and climbs up to Mossdale by the "old green road". From there it crosses the ridge into Nidderdale by a now hardly discernible pack horse route. The route passes through Lofthouse in Nidderdale before climbing steeply up the road towards Wensleydale. At the road summit another old road takes the path down to Grewelthorpe and on to West Tanfield (on the Ure). The route finishes at Skipton-on-Swale in the Vale of York, a poor finish. The hike, this year, takes place on the 28th September and the time limit is 12 hours.

Andrew Lewsley (LDWA 1102)

I wonder how many of our members are scouters and if anyone would care to elaborate on the Six Dales Hike for their interest. Ed.

NEW MEMBERS.

(Current Membership is nearly 1,200)

LDWA	851	ROBERT McINTYRE
"	852	GEOFFREY WAINE
"	853	DAVID GEORGE NEWCOMBE
"	854	RICHARD MILES CRAWFORD
"	855	MAURICE LISTER WALL
"	856	MICHAEL RAWLE
"	857	EILEEN MARY LUKES
"	858	ANDREW SYDNEY LUKES
"	859	TONY PRECIOUS
"	860	D. WELLBURN
"	861	CARL STEVEN BODIMEADE
"	862	KEVIN CHARLES HILL
"	863	PHILIP GEORGE KEATES
"	864	W. JOHN NUTT
"	865	EDWARD McLARNON
"	866	WILLIAM EDWARD ACRAMAN
"	867	ANDREW BEVERLEY FOULDS
"	868	ANTHONY WATSON
"	869	ANDREW TIMOTHY WRIGHT
"	870	DAVID HENRY NICHOLLS
"	871	MICHAEL TEANBY
"	872	STANLEY ROBERTS
"	873	PETER COOKSON
"	874	STEPHEN PERCHAL
"	875	EDWIN SNELL
"	876	PETER JOHN WEST
"	877	AUDREY HOMER
"	878	PETER HENRY JACKSON
"	879	FRANK C. SHARPE
"	880	GARY FERN
"	881	BRENDON HOWARD HUGHES
"	882	ALBERT HENRY FOSTER
"	883	ANDREW LEIGH HOSKING
"	884	IAIN CHARLES THOMPSON
"	885	JOSEPH TEESDALE
"	886	JAMES DAVID HICKS
"	887	DAVID WILLIAM GOSLING
"	888	ROBIN GRAHAM PAYNE
"	889	ALAN TOMSE
"	890	ROBERT ALLAN COLDWELL
"	891	JOHN ANTHONY DAVIES
"	892	JAMES RICHARD BELL
"	893	IAN MACGREGOR HARPER
"	894	LESLIE G.R. REEVES
"	895	ANDREW PAUL BEVERLT
"	896	PETER DEREK PALMER
"	897	MICHAEL LEONARD MEEHAN
"	898	ERIC STUFFINS
"	899	DAVID JOHN TRIGG
"	900	ALAN RICHARD LUCAS
"	901	ELIZABETH AGG
"	902	SIDNEY CHARLES GAMBLE
"	903	W.D. BARGATE
"	904	KEN ROYCE
"	905	MICHAEL WINSTON HARRY
"	906	ANDREW MACBETH
"	907	PAMELA MACBETH
"	908	LAWRENCE EDWARD HOLIDAY
"	909	CLIFFORD BAMFIELD
"	910	DAVID HUGH PARRY
"	911	Not issued
"	912	ERIC BERNARD ROBERTS
"	913	JAMES McDERMID

LDWA 914 NEVILLE E.J. GREEN
 " 915 BRIAN SPENCER
 " 916 DAVID MARTIN SPENCER
 " 917 NIGEL JAMES SPENCER
 " 918 ALBERT OLDFIELD
 " 919 DAVID ALBERT REES
 " 920 SVEN NEAL
 " 921 HAZEL FRENCH
 " 922 RON ALAN NEEDHAM
 " 923 JOHN LESLIE PETERS COULING

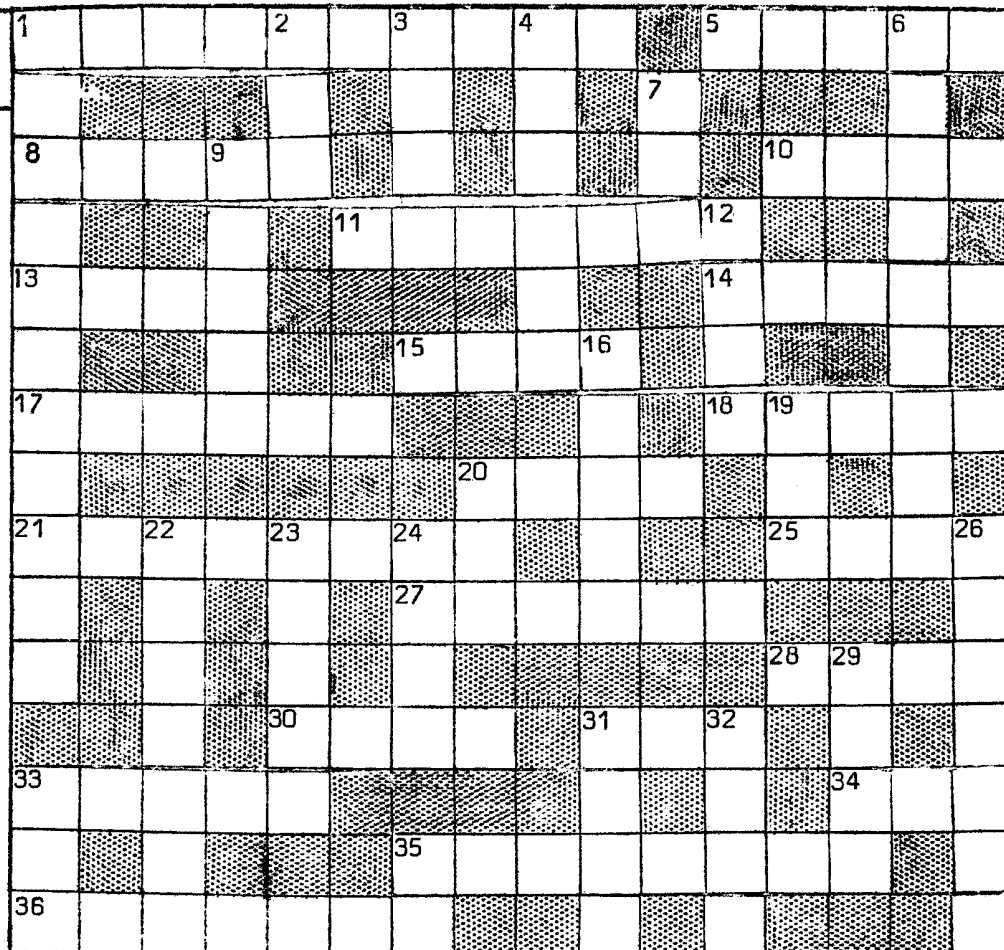
 " 924 GEORGE HEDLEY
 " 925 GARRY FOWELL
 " 926 STEPHEN JONES
 " 927 ROSS THOMAS BREWSTER
 " 928 NOAH BARRIE DEEKS
 " 929 DAVID WALTER GIDDINGS
 " 930 DENNIS RAYMOND ALDER
 " 931 JOHN THOMAS PATRICK McALEER
 " 932 NORMA BROWN (Mrs)
 " 933 ERIC POWNALL
 " 934 PATRICK JOHN BROWNING
 " 935 NEIL CANHAM
 " 936 PHILIP JOHN WILLIAM TYLER
 " 937 GILLIAN LESLEY BROWN
 " 938 SIMON PETER WHITWORTH
 " 939 WILLIAM MARTIN CHARLES CHASE
 " 940 ELAINE DOROTHY LYDIATE
 " 941 CHRISTOPHER ROBERT SCARGILL
 " 942 DAVID LESLIE RAY
 " 943 WILLIAM GERARD McLAUGHLIN
 " 944 JAMES DUNBAR MARTINDALE
 " 945 ROBERT NORTON
 " 946 KEVIN DAVID BURBRIDGE
 " 947 RONALD PETER KITCHENER
 " 948 FRED DALDRY
 " 949 GEORGE BRIAN HICKMAN
 " 950 JOHN DARLEY
 " 951 LESLIE M. ATKINSON
 " 952 MONICA NELSON
 " 953 KATHLEEN A. GRIBBLE
 " 954 JAMES EDWARD BROWN
 " 955 BRIAN MILES BARKER
 " 956 R.G. FINCK
 " 957 ERIC RODITI
 " 958 DAVID SWINSCOE
 " 959 MARY B. SHELDON
 " 960 ANTHONY KETCHER
 " 961 ALAN PROCTOR
 " 962 BRIAN YOUNG
 " 963 JOHN ECKERSLEY
 " 964 T.F. BLAKE
 " 965 JOHN P. BEATTY
 " 966 J. ROYD
 " 967 JOHN WALKER
 " 968 MRS P.M. EVANS
 " 969 J.R. KING
 " 970 ALAN JONES
 " 971 STEPHEN WOOD
 " 972 B. HUFFEN
 " 973 H.R. WELCH
 " 974 V. WRIGHT
 " 975 KEVIN HARRISON
 " 976 J.C. BARTLAM
 " 977 DAVID E. ARMITAGE
 " 978 M.R. HUTTON

CROSSWORD

by Alan Hoare (LDWA 131)

ACROSS

- 1 Long distance FP 7, 3
- 5 Hobbles
- 8 Long range of hills
- 10 Long ----Hike
- 11 Hooded jackets
- 13 Compass Point
- 14 & 30 An earth work 5,4
- 15 Fleet ----
- 17 & 16 Nothing to do
with Baden Powell 6,5
- 18 No. 1 starts here
- 20 Footwear
- 21 A northern walk 4, 4
- 25 You can get lost
in this
- 27 Part of foot
- 28 Outcrop of rock etc.
- 30 See 14
- 31 Pelvic bone
- 33 The Lakeland ----
- 34 ---- Fell
- 35 Walks faster than
- 36 A famous marathon



DOWN

- | | | |
|------------------------------|-----------------------------------|---|
| 1 Island event, 7, 4 | 16 See 17 | 29 Col |
| 2 Very cold water | 19 The Claerwen --- | 31 Tumulus or dell |
| 3 A Tandy valley | 20 A peak | 32 Friends one walks with |
| 4 Footpath waymarks | 22 White horse found
on a LDWP | 33 You have to be this to walk
all those miles |
| 6 Mountain tops | 23 Downlands | 35 The best maps, so they say |
| 7 No.4 grows on
this tree | 24 Church | |
| 9 Having gates | 26 Tract of land/
country | |
| 12 Part of boot | | |

A £2 GIFT TOKEN IS OFFERED BY THE EDITOR FOR THE FIRST CORRECT SOLUTION OPENED BY ALAN HOARE ON MARCH 14TH, 1975. OFFICERS AND COMMITTEE EXCLUDED. ALAN'S DECISION TO BE FINAL. (If you do not wish to mutilate your Newsletter, a numbered list of clues will be acceptable).

NEXT ISSUE. We hope to despatch Newsletter No. Twelve during early August. All copy including reports and programmes by Regional Reps and Group Secs by mid-June please.

OUR THANKS to artist Wilf Lyman for the map, and all contributors of articles, letters, news items and crossword.

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